



Preterm Birth and Your Lungs

- Being born prematurely can have an impact on your lungs throughout your life.
- You might become sick more often and for longer than others.
- You can have issues like wheeze or cough.
- Some adults born prematurely will be diagnosed with Chronic Obstructive Pulmonary Disease (COPD).
- These risks can increase if you were born earlier than 34 weeks gestation.



Your Future Lung Health

- You may need to attend a specialist clinic throughout your life for lung-function testing, monitoring or a personalised management plan.
- You can request a specialist referral to your hospital's Respiratory Clinic from your Doctor.
- Researchers are looking to better understand the lung health of people born preterm so consider opportunities to participate that might be right for you.

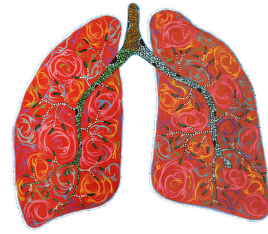
Lung Health for Adults Born Preterm



When Visiting Your Doctor

- When visiting a new health care professional make sure to tell them you were born preterm and your gestational age, because it might change the way they manage your condition.
- It's important health care professionals look at the big picture when thinking about your health as many people born early can have additional health challenges alongside their lung issues.
- Some medications can reduce symptoms like wheeze and cough in some people, but it is important to find the ones that work for you.
- Some adults born prematurely will be diagnosed with Chronic Obstructive Pulmonary Disease (COPD), discuss this with your doctor so you know the signs to look out for.





Protecting Your Lungs

Limit your exposure to people who are unwell and practice good hand hygiene.

Keep your vaccinations up to date.

Your lungs are more vulnerable than other people's so it's important to avoid irritants like smoking, vaping and environmental hazards.

Some hazards you may not think of: silica; high dust levels; chemicals; bushfire smoke; mould; air pollution.

Seek help promptly if you experience breathing issues.

Exercise and look after your mental wellbeing.